

Pre task

Answers	
1	To maintain my health, I should follow a balanced diet because it boosts the immune system.
2	For a healthy life, it is impossible for me to give up sports because they are so beneficial to the mind and health.
3	To stay healthy, a person should eat lots of vegetables and drink water because they are beneficial to the body.

Answers	
1	To maintain my physical fitness (to keep fit), I must reduce stress because it is harmful to the body.
2	To maintain health, a person can swim, and reduce calorie intake because it causes obesity.
3	To stay healthy, I can stop being lazy, but I should give up dangerous things like drugs and smoking because they lead to diseases like cancer.